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**CLASSICAL HOMEOPATHIC MANAGEMENT OF CHRONIC NODULAR ACNE – A CASE  
TREATED AT DR BATRA'S® HOMEOPATHY CLINIC**

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**Abstract**

Chronic nodular acne is a severe inflammatory dermatosis that often shows poor response and aggravation with prolonged conventional therapy. This case report presents the holistic management of a young adult male suffering from painful, suppurative nodular acne for two years, aggravated after standard dermatological treatment. A detailed classical homeopathic case analysis incorporating mental-emotional evolution, physical generals, totality of symptoms, repertorisation, and miasmatic understanding was undertaken. Individualized homeopathic treatment resulted in marked clinical improvement, emotional stabilization, and sustained remission without recurrence. This case highlights the effectiveness of classical homeopathy in chronic dermatological conditions and demonstrates a clear transformation achieved at **Dr Batra's® Homeopathy Clinic**.

**Introduction**

Nodular acne represents a severe variant of acne vulgaris characterized by deep-seated, painful, inflamed nodules with a tendency to suppuration, bleeding, and scarring. Long-term conventional treatment using topical retinoids, antibiotics, and isotretinoin may result in adverse effects, aggravation, or relapse. Homeopathy, by addressing the patient as a whole rather than the disease alone, aims to correct the underlying constitutional susceptibility. This case illustrates the successful application of classical homeopathic principles in a chronic, treatment-resistant case of nodular acne.

## Case Profile

- **Age / Sex:** 20 years / Male
- **Occupation:** Assists father in family garment business
- **Residence:** Urban Mumbai
- **Diet:** Mixed (non-vegetarian)
- **Duration of illness:** 2 years

## Chief Complaints

- Painful nodular acne on face since 2 years
- Pus-filled lesions with occasional bleeding
- Itching, burning, and redness of lesions
- Aggravation after allopathic medication

## History of Present Illness

The patient developed acne lesions two years ago, initially mild but gradually progressing into painful nodular eruptions. He was treated with topical tretinoin, adapalene, clindamycin, and oral isotretinoin. After initiation of these treatments, the acne significantly worsened, with increased inflammation, suppuration, pain, and bleeding. Due to lack of relief and worsening of symptoms, he discontinued conventional treatment and sought homeopathic care.

## Past History

No history of major systemic illness.

## Family History

No significant hereditary illness reported.

## Physical Generals

- **Appetite:** Normal
- **Dietary preference:** Non-vegetarian
- **Desires:** Strong desire for chicken and seafood
- **Thirst:** Increased, 3–4 litres/day

- **Bowels:** Regular, satisfactory
- **Perspiration:** Scanty, non-offensive
- **Sleep:** Refreshing, 8–9 hours
- **Thermal reaction:** Hot patient

### **Mental & Emotional Symptoms**

Since **early childhood**, the patient exhibited a **strong-willed and independent temperament**. He preferred doing things according to his own wishes and showed **dislike for interference or domination**. He was confident, mentally clear, and decisive even at a young age. During school years, he demonstrated **good memory, punctuality, and responsibility**, often completing tasks on time without supervision.

However, alongside these positive traits, he was **emotionally reactive**. From childhood, he would **get angry easily**, especially when contradicted or restricted. During adolescence, this tendency intensified—he would **shout during anger**, become **irritable over small matters**, and show **low tolerance to frustration**. Despite this outward aggression, he was **emotionally sensitive**. When overwhelmed emotionally, he would **weep**, and this weeping brought relief. He felt **better with consolation**, indicating a need for emotional support.

In adulthood, after joining his father's business, his sense of responsibility increased, but so did his irritability. He remained **friendly in nature, socially confident, and approachable**, with **no fears or anxieties**, yet retained his tendency to react strongly when things did not go as per his expectations. He showed **obstinacy**, strong self-confidence, and a tendency to **take independent decisions**, reflecting a dominant but emotionally sensitive personality. There was **no history of depression, insecurity, or low self-esteem**, but emotional tension often expressed itself somatically, particularly through skin eruptions.

### **Clinical Examination**

- Multiple inflamed nodules on face
- Pustular lesions with tenderness and erythema
- Occasional bleeding from lesions
- No dandruff or scalp involvement

## **Diagnosis**

### **Chronic Nodular Acne**

### **Differential Diagnosis**

- Cystic acne
- Acne conglobata

### **Totality of Symptoms**

1. Chronic nodular, painful acne with suppuration
2. Bleeding from acne lesions
3. Burning and itching of eruptions
4. Aggravation after conventional medication
5. Desire for chicken and non-vegetarian food
6. Increased thirst
7. Hot patient
8. Anger easily, violent expression
9. Irritability, intolerance to contradiction
10. Weeping ameliorated by consolation
11. Obstinate, strong-willed personality

### **Repertorisation**

#### **Selected Rubrics:**

- Mind – Anger, violent
- Mind – Irritability
- Mind – Obstinate
- Mind – Weeping, consolation ameliorates
- Face – Eruptions, acne, nodular
- Skin – Eruptions, suppurating
- Generals – Food, desire, chicken

Remedies	nux-v.	sulph.	caust.	nat-m.	phos.	dulc.	kali-p.	tub.	calc-p.	plub.	kreos.	spong.	carb.	nat-sil.	cham.	hep.	acon.	alum.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Symptoms Covered	4	4	4	4	4	4	4	4	4	4	4	4	4	4	3	3	3	3
Intensity	11	9	8	8	8	7	7	7	6	6	5	5	4	4	10	9	8	8
Result	4/11	4/9	4/8	4/8	4/8	4/7	4/7	4/7	4/6	4/6	4/5	4/5	4/4	4/4	3/10	3/9	3/8	3/8
Clipboard 3																		
GENERALS - FOOD and DRINKS - chicken - desire	1	1	1	1	2	1	1	1	1	1	1	1	1	1				
MIND - ANGER	4	3	2	3	2	2	2	2	2	1	2	1	1	1	4	4	3	2
MIND - IRRITABILITY	3	3	3	3	3	2	2	2	2	3	1	1	1	1	3	3	3	3
MIND - OBSTINATE	3	2	2	1	1	2	2	2	1	1	1	2	1	1	3	2	2	3

### Life Space – Mind Concept (LSMC)

The patient demonstrated a **hyper-reactive life space**, where emotional stress, anger, and sensitivity were not expressed adaptively and instead manifested through the skin as chronic inflammation and suppuration.

### Miasmatic Analysis

The case showed a **psoric-sycotic miasmatic background**:

- Psora: Emotional sensitivity, irritability
- Sycosis: Chronicity, suppuration, nodular pathology

### Remedy Selection & Reasons

#### 1. Nux Vomica (Constitutional Remedy)

##### Reason:

- Marked irritability and anger
- Violent expression of emotions
- Strong-willed, obstinate personality
- Mentally active, confident, decisive
- Hot patient with lifestyle stress

#### 2. Hepar Sulphuris (Acute Remedy)

##### Reason:

- Painful, pus-filled acne
- Marked tenderness and bleeding

- Suppurative tendency

### 3. Silicea (Acute / Supportive Remedy)

#### Reason:

- Deep-seated nodular acne
- Promotes healing and prevents recurrence
- Supports expulsion of chronic suppuration

### 4. Berberis Aquifolium (Mother Tincture)

#### Reason:

- Specific affinity for acne and skin inflammation
- Improves skin texture and pigmentation

#### Potency Selection

- **200C** chosen considering good vitality, chronic pathology, and depth of mental involvement.

#### Detailed Follow-Up Table with Prescription

Date	Clinical Findings	Prescription	Response
04/04/2025	Severe nodular acne, pus, pain, bleeding	Nux Vomica 200C (weekly) + Hepar Sulph 30C (acute) + Berberis Aquifolium Q	Pain slightly reduced
11/04/2025	Less pus, reduced tenderness	Same continued	Suppuration reduced
18/04/2025	Fewer new lesions	Nux Vomica 200C continued	Healing faster
30/04/2025	~60% improvement	Silicea 30C added	Non-pustular
28/05/2025	No active pustules	Maintenance	Skin improving
28/06/2025	No recurrence	Continued	Stable
02/08/2025	Only redness/scars	Same	No new acne
01/11/2025	Clear skin	Observation	Complete remission

**Transformation Table**

Parameter	Before Treatment	After Treatment
Acne severity	Severe nodular	No active acne
Pain & bleeding	Present	Absent
Suppuration	Marked	Nil
Emotional state	Irritable, reactive	Calm, balanced
Recurrence	Frequent	None
Quality of life	Affected	Improved



**Discussion**

This case illustrates the successful application of classical homeopathy in a chronic, treatment-resistant case of nodular acne. The aggravation following conventional therapy

indicated suppression, which was reversed through individualized remedy selection. Addressing the mental-emotional constitution was key to resolving the physical pathology. The integration of constitutional and acute remedies allowed proper resolution of suppuration without local suppression. Regular follow-ups ensured stability and prevented recurrence. The emotional transformation observed further confirms the holistic action of homeopathy.

### **Conclusion**

Chronic nodular acne can be effectively managed through classical homeopathy when treatment is based on totality, individualization, and miasmatic understanding. This case highlights sustained clinical recovery, emotional balance, and improved quality of life. A definitive transformation was achieved at **Dr Batra's® Homeopathy Clinic**.

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